

# Workshop Schedule

## Friday, August 22, 2008

10:00 AM – 11:30 AM	Registration
11:30 AM – 12:00 PM	Welcome and Instructions
12:00 PM – 1:00 PM	Lunch
1:30 PM – 5:00 PM	Session I Workshop
5:00 PM – 6 PM	Free Time and Snacks
6:00 PM – 7:00 PM	Dinner (BOW Remembrance Slide Show – old BOW photos on PowerPoint Presentation)
7:00 PM	BOW Activities and/or Conservation Group and Vendor Presentations

## Saturday, August 23, 2008

7:00 AM – 8:00 AM	Breakfast
8:00 AM – 11:30 AM	Session II Workshop
12:00 AM – 1:00 PM	Lunch
1:30 PM – 5:00 PM	Session III Workshop
5:00 PM – 6:00 PM	Free Time and Snacks
6:00 PM	Dinner & Social Event: Theme Mardi Gras Party (A Dedication to New Orleans) – Line Dancing
7:30 PM	BOW Activities: Tentatively planned: Owl or Critter Night Walk, Beach Activities

## Sunday, August 24, 2008

7:00 AM – 8:00 AM	Breakfast
8:00 AM – 11:30 AM	Session IV Workshop
11:30 AM – 12:00 PM	Free time for packing and clean-up of dorm areas
12:00 PM – 1:00 PM	Lunch - Door Prizes/Final Comments & Farewells from BOW Committee

## Workshop descriptions (\*\*New Courses)

<i>Courses</i>	<i>Descriptions</i>
<b>Back Bay Boat Exploration w/ Capt. Timmy</b>	Join Captain Timmy as he explores by boat Delaware's wonderful Inland Bays as you are guided through the region, & learn about the tidal water (high tides), fishing habitat, surrounding land points, historical sites & maybe learn a few secret fishing, crabbing and clamming spots!
<b>Back Bay Fishing w/Captain Bob</b>	Back Bay Fishing with Captain Bob is a basic introduction to saltwater tackle & angling skills needed to catch near shore species of fish. Following a brief on-shore instruction, participants will board a boat for hands-on fishing on the Rehoboth & Indian River Bays. <b><u>New for 2008 - all fishing &amp; crabbing/clamming classes need fishing licenses!</u></b>
<b>Backyard Habitat</b>	Discover how to encourage wildlife by using feeders, houses, and various native plant varieties, while restoring habitat & adding beauty at the same time.
<b>Birding by the Bay</b>	Take this opportunity to learn to identify birds through behavior, field marks, & habitat while exploring the grounds surrounding Camp Arrowhead. Enjoy viewing the spectacle of the late summer migration along the Delaware coast.
<b>Boat Handling</b>	Experience hands-on boat operation while traveling through Rehoboth Bay. Learn the safety rules of the water, knot tying, mooring, as well as the navigational skills needed to properly operate a small power boat.
<b>Canoeing – Beginning</b>	This course will provide a basic introduction to the parts of a canoe. Learn tandem paddling on flat water designed to make your canoeing adventures more enjoyable!
<b>Camping Techniques in DE State Parks</b>	Learn camping techniques in Delaware's wonderful State Parks. Through hands-on activities such as pitching a tent, participants will learn how to view wildlife and campsites while making minimal impact on natural areas while preparing your camp site to leave no trace in Delaware State Parks.
<b>Crabbing &amp; Clamming</b>	Participants learn about shellfish that are recreationally important to the Delaware Bays. Check out prime habitat for the Blue Crab and Hard Clam, and try your hands (and feet) at harvesting some of each. Participants are encouraged to wear bathing suits or water shorts & water shoes as the clamming portion of the class involves wading into the water. Crabbing is done from a boat, so sunscreen, hats, and towels are also recommended. The class concludes with a demonstration of the art of shellfish steaming, cleaning, and eating. <b><u>New for 2008 - all fishing &amp; crabbing/clamming classes need fishing licenses!</u></b>
<b>Exploring Aquatic Habitats**</b>	<b>Fun &amp; Simple Tools &amp; Techniques for Exploring Aquatic Habitats.</b> Using a variety of sampling tools & tricks of the trade, participants will gain hands-on experience in ways of exploring & discovering the variety of life forms living along back bay beaches and shorelines. The session will feature activities you can easily do with family/friends, including: seining, plankton sampling, algae pressing, simple water testing, and other fun projects. A variety of handouts, including simple how-to-instructions for making your own sampling equipment, will be provided.
<b>Exploring the Flora</b>	Delaware's Inland Bays & Sussex County includes a diversity of native and invasive species of plants. Learn to identify a variety of native wildflowers, trees and other plants that are found in Sussex County, Delaware. This course will start with an indoor session, followed by a botanist-guided tour of Trap Pond State Park nature trails (Participants will ride a 25+ minutes drive as van transportation is provided to the park.)
<b>Fly-fishing Expedition -- Introduction</b>	Participants will learn the art of beginning fly-fishing skills to include fly-casting and how to select the proper equipment for this unique fishing experience as you fish in a freshwater pond (participants must travel 25+ minutes to location of Sussex County pond). Rods will be available or you may bring your own. <b><u>New for 2008 - all fishing &amp; crabbing/clamming classes need fishing licenses!</u></b>

<b>Courses</b>	<b>Descriptions</b>
<b>Game Cooking 101**</b>	Participants will learn how to take “Fish from Boat to Table” and “Wild Game From Field to Table” in this hands-on cooking course. Nutritional values will be discussed. Learn how to filet fish, clean game and prepare it for the table. Outdoor cooking techniques will be taught. Cast iron cookware will be demonstrated and participants will also learn about spices and herbs that can be used while cooking their fare.
<b>Geocaching with Nature</b>	Geocaching...learn about this popular outdoor activity that combines the mystery of a treasure hunt with the high-tech of GPS satellite navigation in a world-wide game of hide and seek. Easy to learn, Geocaching is an activity that will take you to places rich in natural beauty, unique ecology and unknown history. This course will provide you with the basics needed to find and download geocache data to your GPS, how to read and follow coordinates to the hidden cache, and how to log your find. You will even have the opportunity to hunt and find a series of caches that have been placed on the grounds of Camp Arrowhead specifically for your caching pleasure.
<b>Go Green!**</b>	Have you ever wondered about all those chemicals your family uses inside and outside of your home? Join us for an eye opening experience. You will learn about “Green” cleaning products, lawn products, energy efficiency within your home, and even chemicals you consume with the food you eat. Participants will walk away from this fun workshop with a “Green” bag of environmental goodies.
<b>Kayaking - Introduction</b>	Learn the basics of sea kayaking in this introductory course. You will learn about different types of kayaks, a variety of paddling skills, along with a myriad of other topics, all with an emphasis on safety.
<b>Nature Awareness and Personal Safety **</b>	Everyday people take unnecessary risks when traveling outdoors, safe in the false belief that “nothing is going to happen to me.” Learn how to increase your awareness to avoid anything happening to you while also learning some techniques that may help you escape from any unwanted encounters. This class is designed to enhance your enjoyment of the outdoors while increasing your self-confidence and safety when traveling in the wilderness.
<b>Low Ropes Challenge Course</b>	This course will build trust, incorporate teamwork, and allow you to have fun with others in an outdoor setting. The course is a series of cables, ropes and obstacles strung between trees and poles, 12 to 18 inches above the ground to promote problem solving skills. Your newly learned skills will easily be used in all outdoor sporting activities and in life itself!
<b>Orienteering</b>	This course is for anyone who enjoys hiking and finding their way through the woods, with a knack for finding controls in designated spots. Come and learn how to use a compass, understand details on a map, how to get from point A to B and so forth. Pick up some basic techniques to turn you into an orienteer.
<b>Outdoor Exploration **</b>	Learn the outdoor skills and activities that you can teach to your family or friends. Take hiking to a new level as you learn how to lead an interpretive hike. Learn some outdoor activities such as seining in the water or combing the beaches. Make easy crafts using items found in nature. (Plan to bring footwear that can get dirty and wet).
<b>Outdoor Digital Photography 101**</b>	Confused by megapixels and complicated camera settings? This workshop will cover types of digital cameras, lenses and flash units, composition and lighting, use of tripods, manipulation of images on computer, selection of camera bags and other accessories. We will be going out in the field during class for hands-on outdoor photo taking opportunities. Time permitting, participants can feel free to share their outdoor/nature photos with others in class. Please bring your own camera (a limited number of cameras will be available for use).
<b>Pier Fishing</b>	Fishing from the shore...or from a fishing pier...is accessible to anyone with a fishing rod and a little time for outdoor fun. In this hands-on fishing class, you will learn the basics of saltwater pier fishing, including appropriate fishing tackle, bait selection, pier etiquette and techniques to be successful. Your instructor also will help you learn how to identify the fish that are commonly caught by pier anglers. <b><u>New for 2008 - all fishing &amp; crabbing/clamming classes need fishing licenses!</u></b> (Participants will ride a 20 minute drive; as van transportation is provided to the pier.)
<b>Rifle &amp; Pistol Shooting - Intro.</b>	Learn safe handling and storage of firearms and ammunition. Shooting fundamentals, training, and hands-on instruction will be provided at the shooting range. (Participants will ride to an off-site location that takes about 20+ minutes of travel time to shooting range).
<b>Sailing</b>	Effective techniques taught on basic points of sailing, concepts and jargon. Hands-on rigging and sailing of a sail boat will be taught as you come to understand the joys of sailing.
<b>Shotgun – Beginning</b>	Participants will learn firearm safety and clay target shooting techniques through hands-on activities. (Participants will ride to an off-site location that takes about 20+ minutes of travel time to shooting range).
<b>Surf Fishing</b>	This course will introduce participants to the equipment and skills needed to become a successful saltwater angler while enjoying the surf and the sand. Learn responsible operation of 4WD vehicles on Delaware's beaches. <b><u>New for 2008 - all fishing &amp; crabbing/clamming classes need fishing licenses!</u></b> (20+ minute ride to State Park beach).
<b>Target Archery Fun</b>	Through recreational target shooting, participants will try out various types of bows and arrows. As you fine tune your skills you will learn how to cluster your arrows and shoot at some unique targets.
<b>Tree Identification</b>	Move over CSI! The tree detectives will take over here. Learn skills necessary to identify tree species in both summer and winter conditions. You will become familiar with our towering oxygen producers and you will even construct your own leaf press.
<b>Water Safety - Swimming in the Outdoors</b>	This is an introduction course that teaches water techniques of using arms, legs, and rhythmic breathing for water safety. Basic survival floating will be taught along with using PFDs and survival techniques. Participants will be getting in the pool with clothes on (to understand the difficulty in swimming with heavy wet clothing) to learn survival techniques so bring extra clothing.

# WORKSHOP NOTES

This workshop is open to participants 18 and older only.

## CONFIRMATION

Upon receipt of your registration and payment, you will be sent a confirmation card. Directions, map of Camp Arrow, course selection, and a list of suggested clothing and gear to bring will be mailed out at the end of July 2008.

## FISHING LICENSES

### New for 2008 - all

### fishing/crabbing/clamming courses

**need fishing licenses!** Please make sure that you have a fishing license before attending any workshop that requires fishing. **Salt water and tidal water fishing now require fishing licenses.** Check for 2008 fishing license fee regulation changes!

Online fishing licenses are available at: [www.dnrec.state.de.us/fw/licap.htm](http://www.dnrec.state.de.us/fw/licap.htm)

## CANCELLATION

**New Rule for 2008:** There are no cancellations and once registration is received, you will be assessed the full program fee. You may send a substitute in your place.

## PARTICIPANTS UNDERSTAND THAT:

1) Photographs may be taken during sessions and may be used in future support of the program. 2) In the event of an unavoidable cancellation, programs and instructors may change. BOW will try to provide excellent alternatives if this situation arises.

## SWIMMING POOL

### **AVAILABILITY:**

The swimming pool will be open during free time only, not during workshops or scheduled activities. A volunteer lifeguard will be staying onsite for the weekend. Lifeguard has full decision as to when the pool will be opened/closed. Lifeguard will also receive a discount on registration fee. If any participants have lifeguard certification and can lifeguard during free time and after evening activities please contact BOW coordinator.

### 2007 International BOW Sponsors

Archery Trade Association  
Bass Pro Shops  
Browning  
Cabelas  
Ducks Unlimited  
Federal Cartridge Company  
Leupold  
Lodge Manufacturing  
NRA Women on Target®  
National Shooting Sports Foundation  
National Wildlife Federation  
Pope and Young Club  
Pheasants Forever  
Rocky Mountain Elk Foundation  
Safari Club International  
Safari Club International Foundation (SABLES)  
U.S. Fish & Wildlife Service – Sports Fish Restoration  
UWSP College of Natural Resources

### 2007 Delaware BOW Sponsors

A. Little Veterinary Clinic  
Ace Hardware, Harrington  
Adventures in Good Company  
Beaver Dam Pet Foods  
Bill's Sport Shop – Lewes, DE  
Camp Arrowhead  
Delaware Aquatic Resources Education Program - DFW  
Delaware Boater Education Program - DFW  
Delaware Chapters of the Nat'l Wild Turkey Federation  
Delaware Department of Transportation  
Delaware Economic Development Office  
Delaware Hunter Education Program - DFW  
Delaware Office of Tourism  
Delaware State Fair  
Delaware State Parks  
DNERRS – DE Division of Soil & Water  
Delaware Mobile Surf-Fishermen (DMS)  
Delaware Rural Water Association  
Delaware Valley Orienteering Association (DVOA)  
Delaware Women Newspaper (News Journal)  
DuPont Nature Center - DFW  
Ed O'Donnell Fly-Fishing Expeditions (Newark, DE)  
Fifer Orchards (Wyoming, DE)  
Food Lion - Harrington, DE  
GoLite Backpacking Company  
Happy Harry's  
Her Sports Magazine  
Manifesta safaris for women – Artista, Las Olas, Las Verdes  
Marblehead Fly Fishermen (Hockessin, DE)  
Marcia's Flights of Fancy – Maria Poling & Family  
Midway Discount Liquors, Harrington  
Outdoor Women Magazine  
Pepsi - Harrington, DE  
Ramona T. Maziarz (Artist)  
Rehoboth Bay Marina, Jim Beard  
Sherry Turner & Family  
Starbucks – Middletown, DE  
Taylor & Messick, Inc.  
Taylored Tackle Shop (Carol & Jerry Taylor)  
The Refuge Store – Friends of Bombay Hook NWR  
Tidewater Utilities  
Trail Tech/Apex International  
Women's Adventure Magazine

**Many thanks to all financial contributors & sponsors of  
The Becoming an Outdoors-Woman Program!**

## LODGING

Camp Arrowhead provides dormitory-style lodging with many bunk beds in a room. Please mark on the registration if you are willing/able to sleep on a top bunk. If special arrangements are necessary, please notify the coordinator at least four weeks prior to the program. If you do not wish to stay at camp (fee remains the same), please note that on your registration form and for emergency purposes please sign in and out at registration table when you leave the campsite – meals will still be provided for you.

**SCHOLARSHIPS** - Limited scholarships are available from Friends of BOW organization. A scholarship application packet must be completed and only participants who have a financial need should apply. Please contact coordinator for scholarship information.

## SPECIAL NEEDS

If you have any special dietary requirements or special needs that require assistance, please indicate this on the registration form. We will try to accommodate your needs.

## EQUIPMENT

All equipment will be provided. Feel free to bring your own equipment except for firearms. Instructors will safety check all gear brought by participants.

## WHAT TO BRING:

Classes are outdoors and hands-on. For your safety and comfort, it is important for you to bring warm clothing, including appropriate clothing for cool weather. A complete list of suggested clothing and gear will be mailed to each participant prior to workshop.

## CAMP ARROWHEAD STORE:

Will be open for snacks and refreshments at designated times (announced at registration).